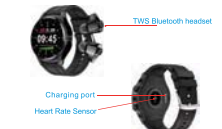


Smart TWS wearables bracelet User Guide



Watch quick use instructions



Note: When testing heart rate/blood pressure/blood oxygen, the heart rate sensor is required to be in full contact with the skin.

Watch charging and activation
Charging activation is required before using the watch for the first time. Use the equipped magnetic charger to attach the metal contacts on the back of the watch, and connect the other end of the charger to a USB charging head or computer USB interface.



Power on/off method:

After connecting the phone, the watch can be used as a remote control for the phone camera. After opening the camera on the phone, click on the watch camera control page to trigger the phone camera shutter.

Watch client download

Scan the QR code below to download and install the watch client



Connect the watch

- Open the mobile client to set personal information
- Switch to the "Device" page and click "Device Binding"
- Click on your device in the scanned device list
- Binding complete

In other options, you can determine your device by the MAC address in the options. After the watch is successfully bound, each time the client is opened in the future, the watch will automatically connect with the phone, and the data can be synchronized by pulling down on the client data page.

Watch operation guide



Sports Information

The watch is able to record and display your daily steps, calories burned and mileage information. More detailed information analysis and data records can be viewed in the client.

Sleep

The watch is able to record and display the total length of your sleep last night and the length of sleep sleep and light sleep. More detailed information analysis and data records can be viewed in the client.

Heart rate

Click the heart rate icon to measure the current heart rate. More detailed information analysis and data records can be viewed in the client.

Exercise

Multi-sports mode are available, including: walking, running, cycling, basketball, football, badminton and rope climbing. More detailed information analysis and data records can be viewed in the client.

Blood pressure

Click the blood pressure icon to measure the current blood pressure value. More detailed information analysis and data records can be viewed in the client.

Blood oxygen

Click on the blood oxygen icon to measure the current blood oxygen value. More detailed information analysis and data records can be viewed in the client.

Weather information

The weather page displays current weather, air quality information, and tomorrow's conditions. The weather information needs to be connected to Bluetooth. There is a previously connected Bluetooth model in the Bluetooth under the phone settings, please clear it first, and then search for Bluetooth+Pods to connect.

Message Push

The watch is able to receive the notification push displayed on the mobile phone, and the push item will only be set in the client. The watch message page can store the latest message records.

Camera control

After connecting the phone, the watch can be used as a remote control for the phone camera. After opening the camera on the phone, click on the watch camera control page to trigger the phone camera shutter. The delayed photo opportunity can be set to 0 seconds, 3 seconds, and 10 seconds.

Smart Alarm Clock

The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set. When setting the time, the watch will display the alarm icon and vibrate.

Other features

Other features of the watch include alert mode, brightness adjustment, factory reset, and other functions.

Music Control

After connecting the device you can remote control the music player on your phone.

Sedentary Reminds

The watch will prompt you to get up and walk after you have been sitting for 1 hour. The sedentary reminder function can be set in the client.

Headset status

You can see the headset status here, including three status: headset reconnected, charging and full power.

Instructions for using the Bluetooth headset function

A: Headset pairing

1. Headset pairing: Take the headset out of the wristband box, there will be a power-on prompt, turn on Bluetooth in the phone settings, find the corresponding Bluetooth name "G-Pods" for Bluetooth connection, the TWS headset has been paired before the factory. Only the Bluetooth name "G-Pods" is displayed. If the phone is connected, it means that the product has been successfully connected.
2. The TWS headsets have been paired successfully at the factory. When the headsets are removed from the main unit of the bracelet, they will automatically turn on and automatically pair and connect.
3. If the headset is disconnected from the phone during use or the headset is not connected, the phone needs to be reconnected to Bluetooth. There is a previously connected Bluetooth model in the Bluetooth under the phone settings, please clear it first, and then search for Bluetooth+Pods to connect.

B: The middle surface of the headset is a touch surface, which is used to touch control to answer/hang up the phone, control the previous/next song. A: English

Touch key



C: Answer and hang up calls

When you call, remove the headset from the bracket, and touch the left ear or right ear for two consecutive times. Answer the phone, then touch the phone two and hang up.

D: Music operation

Double click to pause; play, triple Click to previous/next

E: AI voice assistant and call

When the headset is connected to Bluetooth, press and hold the touch button for knock-to answer to activate the Siri of the phone and the voice assistant of the Android phone. The voice assistant can be used to make calls, query the weather, navigate maps and other functions. Voice activation is only effective when the phone is in the standby interface or the main time interface.

Q: Why is the earphone not sensitive to touch when it is put in?

The headset is touched, and sometimes it wears ears, which makes the touch insensitive. Just turn the headset in the direction.

Frequently Asked Questions and Answers

Q: Why is there a deviation between the blood pressure value and the sphygmomanometer?

The deviation of the measured value between the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is the brachial artery, and the measurement site of the watch is in the two main branches of the arteries. Under normal circumstances, the difference between the blood pressure measurement value and the micro-arterial blood pressure measurement value will be about 5 mmHg. When the watch is used, the blood flow in the artery is in the centrifugal direction, the flow will cause the left brachial artery to be inflated to compensate for the sphygmomanometer measures, causing the blood to temporarily fail to flow smoothly to the branch of the artery below. At the same time, the vascular tension will increase, so that the deviation of the upper and lower blood pressure measurements will be greater.

Q: Why can't the watch be worn while taking a hot bath?

The temperature of the bath water is relatively high, which will generate a lot of water vapor. Since water vapor is in the gas phase, its molecular motion is small, and it is easy to penetrate into the gap of the watch case. When the temperature drops, it will be condensed into water droplets in the watch case, covering a short circuit in the watch's internal circuit, damaging the watch's circuit board, and then damaging the watch.

Q: Why can't the watch receive message push?

1. Confirm that the message push switch is turned on in the mobile client.
2. Confirm that the message can be displayed normally in the notification bar notification bar. The message push is pushed to reach the mobile phone notification bar. The watch will not be able to receive the push if it is required to find the notification settings in the phone settings. Open the notification settings of the bracelet (GO, phone, SWS, mobile client).
3. Open the accessibility settings of the bracelet device. It is required to find auxiliary function in the phone settings, open the auxiliary function settings of the bracelet device.
4. Apple phone settings:
 1. Confirm that the message push switch is turned on in the mobile client.
 2. Confirm that the message can be displayed normally in the notification bar notification bar. The message push is pushed to reach the mobile phone settings, turn on the notification switch of the watch (GO, mobile client).

*** This site is not a medical device. Data obtained during the use of this site is for reference only, and should not be used for self-diagnosis, medical research, diagnosis, or treatment purposes.

智能对耳手环 使用说明书 User Guide



手表快速说明



注意：测试心率/血压/血氧时需要将心率传感器完全接触皮肤

手表充电与激活

首次使用手表之前需要为手表充电。使用自带的磁吸充电器将手表背面的金属触点，充电插另一端插入USB充电头或电脑USB接口即可。



开/关机方法:

开机: 长按触控区域进行开机
关机: 在其他页面按下有机关键项, 点击关机

手表客户端下载

扫描下方二维码下载并安装手表客户端



连接手表

- 打开手机客户端并设置个人信息
- 切换至“设备”页面, 点击“绑定设备”
- 在扫描到的设备列表中点击您的设备
- 绑定完成

在其他设备页面可以通过点击右上角页面顶部MAC地址来确定你的设备手表绑定成功。会自动对耳手环充电, 手表会自动与手机连接, 在客户端数据页面下页可以同步数据。

手表操作指导



运动信息

手表可以记录并显示你每天行走的步数, 消耗的热量以及消耗的热量。更多详细运动分析及数据记录可以在客户端中查看。

睡眠

手表可以记录并显示你昨晚的睡眠时长以及睡眠质量。更多详细睡眠分析及数据记录可以在客户端中查看。

心率

手表可以记录并显示你当前的心率。更多详细心率分析及数据记录可以在客户端中查看。

锻炼

多种运动模式可供选择, 包括: 跑步、骑行、游泳、跳绳、羽毛球、乒乓球、瑜伽、普拉提、力量训练等。更多详细运动分析及数据记录可以在客户端中查看。

血压

点击血压图标, 可以测量当前血压值。更多详细血压分析及数据记录可以在客户端中查看。

血氧

点击血氧图标, 可以测量当前血氧值。更多详细血氧分析及数据记录可以在客户端中查看。

天气信息

天气页面会显示当前的天气、空气质量信息, 以及未来几天的天气。天气信息需要连接客户端后才能获取数据, 如未成功连接, 天气信息将无法更新。

消息推送

手表可以接收并显示手机上的通知推送, 可在客户端中设置推送项目开关。手表消息页面可以保存最近消息记录。

相机控制

连接手机后, 手表可以作为手机相机遥控器。在手机打开相机界面, 在手表相机控制页面点击手机相机快门图标, 就可远程拍照。相机快门可以设置为0秒、3秒和10秒。

智能闹钟

在手机闹钟中设置手表闹钟提醒铃声, 最多可以设置3个闹钟。手表将会震动并响铃提醒闹钟。

其他功能

手表的其他功能中包含静音模式、亮度调节、恢复出厂设置、耳机配对。

音乐控制

连接手机后, 手表可以控制手机音乐播放。请先进行配对, 然后按照手表“G-Pods”进行连接。

久坐提醒

手表在久坐1小时后, 会提示你起身走走。久坐提醒功能可以在客户端中设置开关。

耳机状态

此页可查看耳机充电状态, 包含耳机充电、充电中、充电完成等状态。

蓝牙耳机功能使用说明

A: 耳机配对

1. 耳机配对: 把耳机从手表取出数据, 有开机提示音, 在手机设置里打开蓝牙, 找到设备列表名称 "G-Pods" 进行蓝牙连接。出厂前TWS耳机之间已做好配对绑定, 只提示蓝牙名称 "G-Pods", 手表连接成功后连接, 提示音已连接成功。
2. 出厂前TWS耳机之间已做好配对, 从手环取出耳机机会自动开机并自动配对连接。
3. 耳机在充电过程中手机断开连接或耳机不充电, 则需要手机重新连接蓝牙。在手机设置下的蓝牙设备列表之前连接的蓝牙耳机, 请先进行清除, 然后按照手表“G-Pods”进行连接。

B: 耳机中间面为触控面, 用来远程控制接听/挂断电话, 控制音乐上下曲, AI语音助手。

接听/挂断来电

来电电话: 从手环取出耳机, 左耳机右耳连续触摸两下, 接听电话, 然后再连续触摸两下挂断电话。

D: 音乐操作

双击为暂停/播放, 三击为上一首/下一首

E: AI语音助手及拨打电话

耳机已连接蓝牙状态下, 长按中间触控面接听/挂断电话和接听/挂断电话。长按中间触控面接听/挂断电话和接听/挂断电话。长按中间触控面接听/挂断电话和接听/挂断电话。

常见问题与解答

Q: 血氧数据为什么跟血氧仪有偏差?

血氧数据与血氧仪测量值的偏差是由多种因素造成的。血氧计测量部位是在手腕处, 手表测量部位是在手指末端的两个主要分支。正常情况下, 血氧计测量值和手表测量值之间的偏差应该在±3%以内; 如果手表的血氧计测量值与血氧计测量值的偏差方向相反, 血氧计测量值将导致手指中心下部组织充血或脱水, 导致手表测量值的偏差方向相反; 血氧计测量值增加, 将导致手腕测量值偏差更大。

Q: 为什么接听电话不灵敏?

由于手表触控敏感, 戴手表时手指接触屏幕, 造成触控不灵敏, 只需把耳机将个方向即可。

Q: 为什么不能测高手表的血氧?

1. 高海拔地区空气稀薄, 容易产生缺氧、低氧和缺氧性头痛, 而且高海拔地区的气压, 氧分子体积小, 容易从手表的密封空隙中逃逸, 当海拔下降时, 氧分子又会重新聚集在手表的密封空隙中, 造成手表测量值的偏差。

Q: 为什么手表接收不到消息推送?

1. 确认在手机客户端打开了消息推送的开关
2. 确认在手机客户端中可以正常接收消息, 手表消息推送页面读取手机通知栏消息推送消息, 手机消息推送消息, 需要在手机通知栏收到消息推送消息, 打开手机通知栏消息推送消息, 打开手机通知栏消息推送消息。

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- 2. 确认在手机客户端中可以正常接收消息, 需要在手机通知栏收到消息推送消息, 打开手机通知栏消息推送消息, 打开手机通知栏消息推送消息。

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- 2. 确认在手机客户端中可以正常接收消息, 需要在手机通知栏收到消息推送消息, 打开手机通知栏消息推送消息, 打开手机通知栏消息推送消息。

FCC Warning Statement:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement.